

**Full Report (All Nutrients) 11234, Kale, cooked, boiled, drained, without salt**

Report Date: March 23, 2016 23:35 EDT

Nutrient values and weights are for edible portion.

**Food Group : Vegetables and Vegetable Products****Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor: 2.44 Nitrogen to Protein Conversion Factor: 6.25**

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 cup, chopped 130g
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**Proximates**

Water	g	91.20	--	--	118.56
Energy	kcal	28	--	--	36
Energy	kJ	117	--	--	152
Protein	g	1.90	--	--	2.47
Total lipid (fat)	g	0.40	--	--	0.52
Ash	g	0.87	--	--	1.13
Carbohydrate, by difference	g	5.63	--	--	7.32
Fiber, total dietary	g	2.0	--	--	2.6
Sugars, total	g	1.25	--	--	1.62

**Minerals**

Calcium, Ca	mg	72	--	--	94
Iron, Fe	mg	0.90	--	--	1.17
Magnesium, Mg	mg	18	--	--	23
Phosphorus, P	mg	28	--	--	36
Potassium, K	mg	228	--	--	296
Sodium, Na	mg	23	--	--	30
Zinc, Zn	mg	0.24	--	--	0.31
Copper, Cu	mg	0.156	--	--	0.203
Manganese, Mn	mg	0.416	--	--	0.541
Selenium, Se	µg	0.9	--	--	1.2

**Vitamins**

Vitamin C, total ascorbic acid	mg	41.0	--	--	53.3
Thiamin	mg	0.053	--	--	0.069

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chopped 130g
Riboflavin	mg	0.070	--	--	0.091
Niacin	mg	0.500	--	--	0.650
Pantothenic acid	mg	0.049	--	--	0.064
Vitamin B-6	mg	0.138	--	--	0.179
Folate, total	µg	13	--	--	17
Folic acid	µg	0	--	--	0
Folate, food	µg	13	--	--	17
Folate, DFE	µg	13	--	--	17
Choline, total <sup>2</sup>	mg	0.4	--	--	0.5
Betaine <sup>2</sup>	mg	0.3	1	--	0.4
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	681	--	--	885
Retinol	µg	0	--	--	0
Carotene, beta <sup>1</sup>	µg	8173	4	4427.500	10625
Carotene, alpha <sup>1</sup>	µg	0	4	0.000	0
Cryptoxanthin, beta <sup>1</sup>	µg	0	4	0.000	0
Vitamin A, IU	IU	13621	--	--	17707
Lycopene <sup>1</sup>	µg	0	4	0.000	0
Lutein + zeaxanthin <sup>1</sup>	µg	18246	4	7344.000	23720
Vitamin E (alpha-tocopherol)	mg	0.85	--	--	1.10
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	817.0	--	--	1062.1
<b>Lipids</b>					
Fatty acids, total saturated	g	0.052	--	--	0.068
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.001	--	--	0.001
14:0	g	0.002	--	--	0.003

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chopped 130g
16:0	g	0.043	--	--	0.056
18:0	g	0.002	--	--	0.003
Fatty acids, total monounsaturated	g	0.030	--	--	0.039
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.028	--	--	0.036
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.193	--	--	0.251
18:2 undifferentiated	g	0.079	--	--	0.103
18:3 undifferentiated	g	0.103	--	--	0.134
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.001	--	--	0.001
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
Tryptophan	g	0.023	--	--	0.030
Threonine	g	0.085	--	--	0.110
Isoleucine	g	0.114	--	--	0.148
Leucine	g	0.133	--	--	0.173
Lysine	g	0.114	--	--	0.148
Methionine	g	0.018	--	--	0.023
Cystine	g	0.025	--	--	0.032
Phenylalanine	g	0.097	--	--	0.126
Tyrosine	g	0.067	--	--	0.087
Valine	g	0.104	--	--	0.135
Arginine	g	0.106	--	--	0.138
Histidine	g	0.040	--	--	0.052
Alanine	g	0.096	--	--	0.125
Aspartic acid	g	0.170	--	--	0.221
Glutamic acid	g	0.216	--	--	0.281

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chopped 130g
Glycine	g	0.092	--	--	0.120
Proline	g	0.113	--	--	0.147
Serine	g	0.080	--	--	0.104
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

**Sources of Data**

<sup>1</sup>F Khachik, G R Beecher, N F Whittaker Separation, identification and quantification of the major carotenoid and chlorophyll constituents in extracts of several green vegetables by liquid chromatography, 1986 J Agr Food Chem 34 pp.603-616

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD